



MANAGE YOUR CHOLESTEROL

A good way to manage high cholesterol is to lower your LDL level. Lowering LDL can help prevent heart attacks and help reduce deaths from heart disease in men and women.

Understand your cholesterol classification

Total cholesterol	
Desirable	Less than 200 mg/dL
Borderline high	200-239 mg/dL
High	240 mg/dL and above

HDL cholesterol	
Major heart disease risk factor	Less than 40 mg/dL
Gives some protection against heart disease	60 mg/dL and above

LDL cholesterol	
Optimal (ideal)	Less than 100 mg/dL
Near optimal/above optimal	100-129 mg/dL
Borderline high	130-159 mg/dL
High	160-189 mg/dL
Very high	190 mg/dL and above

Once you know your classification, you can take steps to lower your LDL cholesterol. One proven way to achieve this is through the Therapeutic Lifestyle Changes path, or TLC.

HDL=high-density lipoprotein; LDL=low-density lipoprotein.

TLC is a step-by-step way to lower your LDL cholesterol. Take a look at the typical steps below:



Follow this for 6 weeks

First doctor visit—Start lifestyle changes

- Reduce saturated fat, trans fat, and cholesterol
- Increase physical activity moderately
- If overweight, reduce calories— increase fiber-rich foods to help reduce calorie intake



Follow this for 6 weeks

Second doctor visit—Check LDL and, if needed, add more dietary approaches

- Reinforce reduction of saturated fat, trans fat, and cholesterol
- Add plant stanols/sterols
- Increase soluble fiber



Check in on progress every 4-6 months

Third doctor visit—Check LDL and, if needed, add drug therapy

- Start drug therapy for LDL lowering, if needed
- Focus on treatment of metabolic syndrome and reinforce weight management and physical activity

Cholesterol-lowering drugs

Many people will be able to lower their LDL enough with TLC alone. If your LDL needs more lowering, you may have to take a cholesterol-lowering drug in addition to TLC.

Major types of cholesterol-lowering drugs include:

- Statins
- Bile acid resins
- Nicotinic acid
- Fibrates
- Ezetimibe

Learn more

To learn more about TLC and cholesterol-lowering drugs, visit www.nhlbi.nih.gov and search for “cholesterol.”

Always talk to your doctor about what is best for you. Ask your doctor before starting any treatments or making changes in your routine or medicine.

Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.



©2019 AstraZeneca. All rights reserved. US-26738 Last Updated 3/19